

Viral Hepatitis Counseling



Prevention Counseling

- Client-centered (HIV Prevention Counseling)
 - ◆ Support individuals in making behavior changes that will reduce their risk of acquiring or transmitting HIV and viral hepatitis
 - ◆ Tailored to the behaviors, circumstances, and special needs of the person
- Two critical components
 - ◆ Focus on personal risk assessment
 - ◆ Development of a personalized action plan



Key components of Hepatitis Prevention Counseling

- Introduce and orient client to session
- Identify client's personal risk behaviors
- Identify safer goal behaviors
- Develop client action plan
- Make referrals and provide support
- Summarize and close session



Introduce and orient client to session

- Introduce yourself
- Describe purpose of session
- Expected duration
- Go over objectives



Identify client's personal risk behaviors

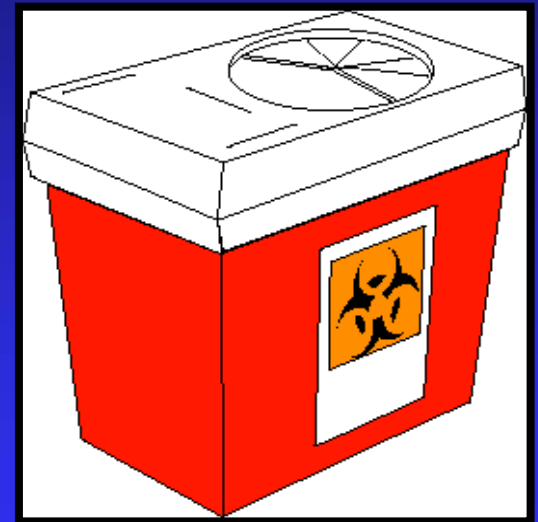
- Persons who ever injected drugs*
- Persons who received transfusion, blood products, or organ transplant prior to 1992*
- Persons who received clotting factor concentrates prior to 1987*
- Persons who were notified they received blood from a donor who later tested HCV+*
- Persons who have multiple sex partners

*CDC currently recommends routine screening



Identify safer goal behaviors

- Get into treatment
- Do not reuse or share syringes, needles, cotton, cookers
- Use needle exchange programs
- Use bleach to clean equipment
- Choose a safe place to inject
- Visit community-based risk reduction program



Develop client action plan

- Enroll in substance abuse treatment program
- Get vaccinated against hepatitis B & A
- Visit community-based risk reduction program
- Talk to shooting partners about sharing and risks
- Make sure you have clean syringes and needles



Make referrals and provide support

- Needle exchange services
- Hepatitis A & B vaccinations
- Support group services
- HIV/STD clinic



Summarize and close session

- Identify the major points, including feelings, that have been discussed, and tie them together
- Formulate a concise statement of clients issues and decisions
- Check that the client owns the summary



Key Components of Hepatitis Post-Test Counseling

- Introduce and orient client to session
- Describe test results clearly
- Explain meaning of results & discuss implications
- Review/revise client action plan
- Make referrals and provide support
- Summarize and close session



Introduce and orient client to session

- Introduce yourself
- Describe purpose of session
- Expected duration
- Go over objectives



Describe test results clearly

- Negative Test Result
 - ◆ Explain client has NOT been infected with HCV
- Positive Test Result
 - ◆ Explain client has been infected with HCV.
- Indeterminate Result
 - ◆ Explain that test results are inconclusive
 - ◆ May indicate recent infection,
 - ◆ Need to wait and retest



Explain meaning of negative result

■ Negative Test Result

- ◆ If risk behavior occurred in the distant past, reassure client of negative result
- ◆ If risk behavior occurred in the past 6 months encourage to re-test
- ◆ If risk behavior ongoing, make client aware of risk of getting viral hepatitis, HIV, and other STDs.



Explain meaning of positive result

■ Positive Test Result

- ◆ Explain that HCV is a virus that affects the liver
- ◆ Many people have this virus for 20-30 years before they get sick, and many never get sick.
- ◆ You will give them the name of a health care provider before they leave today who can tell them if the virus has affected the functions of their liver.



Explain meaning of **positive** result cont.

■ Positive Test Result

- ◆ Assess whether client is in a state to receive additional information, or should come back later.
- ◆ May decide to give them written information to read over later, or proceed with additional counseling messages (Next 4 slides)



Counseling messages for HCV + persons

To protect liver from further harm

- Do not drink alcohol
- Check with health provider before starting new medications
- Get vaccinated against hepatitis A and B if appropriate



Counseling messages for HCV + persons

Reduce transmission to others

- Do not donate blood, body organs, other tissue, or semen
- Do not share items that might have blood on them
 - ◆ Personal care (e.g. razor, toothbrush)
- Cover cuts and sores on the skin



Counseling messages for HCV + persons

Persons injecting drugs

- Vaccinate against hepatitis A & B
- Never reuse or share syringes, needles, or drug preparation equipment
- Encourage user to stop injecting
 - ◆ Discuss substance abuse treatment programs



Counseling messages for HCV + persons

Persons with one long-term steady sex partner

- Should discuss with their partner
 - ◆ Risk (low but not absent) of sexual transmission
 - ◆ Counseling and testing of partner
 - ◆ May provide couple with reassurance
 - ◆ Some couples might decide to use barrier precautions to lower limited risk further

Counseling messages for HCV + persons

Persons with high-risk sexual behaviors

- At risk for sexually transmitted infections, e.g., HIV, HBV, gonorrhea, chlamydia, etc.
- Reduce risk
 - ◆ Limit number of partners
 - ◆ Use latex condoms
 - ◆ Get vaccinated against hepatitis B
 - ◆ MSMs also get vaccinated against hepatitis A



Counseling messages for HCV + persons

Mother to infant transmission

- There is a risk with pregnancy (5-6%)
 - ◆ No way to lower risk
 - ◆ Post-exposure prophylaxis not available
 - ◆ Coinfection with HIV risk increases risk to 14%
- Test infants born to HCV-positive women
 - ◆ Consider testing any children born since woman became infected
 - ◆ Evaluate infected children for chronic liver disease



Counseling messages for HCV+ persons

- HCV is not spread by:
 - ◆ sneezing ,hugging, coughing, sharing eating utensils or drinking glasses, or casual contact
- HCV + persons should not be excluded from:
 - ◆ work, school, play, child-care or other settings on the basis of their HCV status.



Review/revise client action plan

- Explore success of clients action plan
 - ◆ What happened with the plans we discussed?
 - ◆ Was it like you expected?
 - ◆ Were you happy with how it went?
 - ◆ Reinforce client for accomplishing goals
- Explore failure of clients action plan
 - ◆ What didn't work?
 - ◆ What got in the way?
 - ◆ What will make it easier?



Make referrals and provide support

- Confirmatory testing & medical referrals
- Support group services
- Needle exchange services
- Hepatitis A & B vaccinations
- HIV/STD clinic



Summarize and close session

- Identify the major points, including feelings, that have been discussed, and tie them together
- Formulate a concise statement of clients issues and decisions
- Check that the client owns the summary

